



AMARILLO POLICE DEPARTMENT PHYSICAL AGILITY TEST

PART 1: *An applicant must complete the following in 4 minutes, 10 seconds:*

- Remove a 100 pound dummy from the front seat of a patrol car and deposit in the back seat of a second patrol car.
- Jump a two foot tall wall
- Scale a four foot tall wall
- Scale a six foot tall wall
- Run a zig-zag course
- Crawl through a tunnel
- Walk a balance beam
- Climb stairs to a platform; pick up a 50 pound weight; descend the stairs on the opposite side; climb the same stairs and deposit the 50 point weight on the platform; descend the stairs to the beginning
- Run on-quarter mile

PART 2: *An applicant must complete the following in 10 minutes*

- After one hour's rest following the above, an applicant must run one mile in 10 minutes

AN APPLICANT MUST COMPLETE BOTH PORTIONS OF THE PHYSICAL AGILITY TEST IN THE REQUIRED TIME IN ORDER TO PASS